



May 12–18, 2013  
[womenshealth.gov/nwhw](http://womenshealth.gov/nwhw)

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## **Radio Public Service Announcement Scripts for National Women's Health Week**

### **20 Seconds — Option One**

It's your time! This week is National Women's Health Week, and it's time to focus on you! In honor of National Women's Health Week, schedule a checkup with your doctor, make sure all your health screenings are up-to-date, get active, and don't forget to take time for yourself!

For more information about National Women's Health Week, visit [womenshealth.gov](http://womenshealth.gov) or call 800-994-9662.

### **20 Seconds — Option Two**

Out of the 365 days in the year, take just one day to focus on you and your health.

National Women's Checkup Day is Monday, May 13. The Office on Women's Health encourages you to schedule an appointment with your doctor today. Receiving important screening tests and routine care is one step you can take to live a healthier life! It's your time!

For more information, visit [womenshealth.gov](http://womenshealth.gov) or call 800-994-9662.

### **30 Seconds — Option One**

It's your time! This week is National Women's Health Week, a time when women across the country are reminded to take small, manageable steps for longer, healthier, happier lives. To improve your health and lower your risk of certain diseases, there are many things you can do: schedule a doctor appointment, make sure all your health screenings are up-to-date, eat more fruits and vegetables, go for a walk, get enough sleep, or just take time for you!

For more information about National Women's Health Week, visit [womenshealth.gov](http://womenshealth.gov) or call 800-994-9662.

### **30 Seconds — Option Two**

Has it been more than a year since you've seen your doctor? Visiting your doctor regularly is important. Routine care and screening tests can help women lower their risks of many conditions, such as heart disease.

National Women's Checkup Day, part of National Women's Health Week, is Monday, May 13. Make sure you schedule an appointment with your doctor today. Taking just one day out of the year to focus on your health benefits you!

For more information about National Women's Checkup Day or to sign the Checkup Day Pledge, visit [womenshealth.gov](http://womenshealth.gov) or call 800-994-9662.